



**5K**  
*inverness*

# EVENT GUIDE

INVERNESS 5K  
8 MARCH 2026

RUNNING  
THE HEART  
AND *soul*  
OF INVERNESS

# WE'RE DELIGHTED TO WELCOME YOU TO THE 41<sup>ST</sup> INVERNESS HALF MARATHON & 5K ON 8 MARCH 2026.

We're proud to once again host the **Lindsays Scottish Half Marathon Championships** and **North District Championships** and look forward to welcoming an exciting line-up of top-class runners on the start line.

Our sincere thanks go to **Highland Council, Police Scotland** and all partner agencies for their invaluable support in delivering the event. We also thank our partners — **Scottish Athletics, Run4It, High5, Coopah** and **Erdinger Alkoholfrei** — and our charity partners.

Finally, thank you to local residents, communities and businesses along the route for their ongoing support, and a special mention to our incredible team of volunteers.

We wish you all the best with your final preparations and look forward to welcoming you to Inverness.

Malcolm Sutherland,  
CEO, Caledonian Concepts



[www.invernesshalfmarathon.co.uk](http://www.invernesshalfmarathon.co.uk)  
Email: [info@invernesshalfmarathon.co.uk](mailto:info@invernesshalfmarathon.co.uk)

## CONTENTS

EVENT DAY TIMINGS 3

PARKING & PLAN YOUR TRIP 3

REGISTRATION & BAGGAGE 5

THE START & ROUTE 6

WHAT TO EXPECT AT THE FINISH 7

DON'T MISS OUT ON 8

Share your Inverness Half Stories  
and photos with us:



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# THANK YOU TO OUR PARTNERS



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# INVERNESS 5K EVENT GUIDE

## EVENT DAY TIMINGS

**Sunday 8 March 2026**

**Please note the 2026 Inverness 5K will start at the earlier time of 11:45.**

9.30-10.45	Baggage drop and Info Desk open in Sports Hall, Inverness Leisure Centre, Inverness IV3 5SS.
11.20	5K participants to assemble at 5K holding area.
11.45	Start of the Inverness 5K on Bught Road.

## PLANNING YOUR TRIP

The event is held at Inverness Leisure Centre, Inverness, IV3 5SS which is approx. 1 mile from Inverness city centre, bus and train stations, and 11 miles from Inverness airport.

## TRAVEL TO INVERNESS

Please visit our website for information on getting to Inverness.

## WHERE TO STAY, WHAT TO SEE & DO

For accommodation, where to eat and what to see and do, visit [www.visitinvernesslochness.com](http://www.visitinvernesslochness.com).

## CAR HIRE

Our official car hire partner is Arnold Clark Car & Van Rental. Arnold Clark is offering all participants and supporters a 20% discount off their best web rate on car rental. To book, visit [arnoldclarkrental.com](http://arnoldclarkrental.com) quoting promotional code BAXT or call 0141 567 0561. Terms and conditions apply.

## PARKING

It is anticipated the area around the Leisure Centre will be very busy on the morning of the event and traffic flow will be slow. We encourage you to allow plenty of time, park a distance away and walk to the Leisure Centre or consider car sharing or walking/cycling where possible.

Limited parking will be available at Inverness Leisure, please park in marked bays only. Parking is available at public car parks (please refer to map on page 4), parking charges will apply and traffic wardens will be in operation.

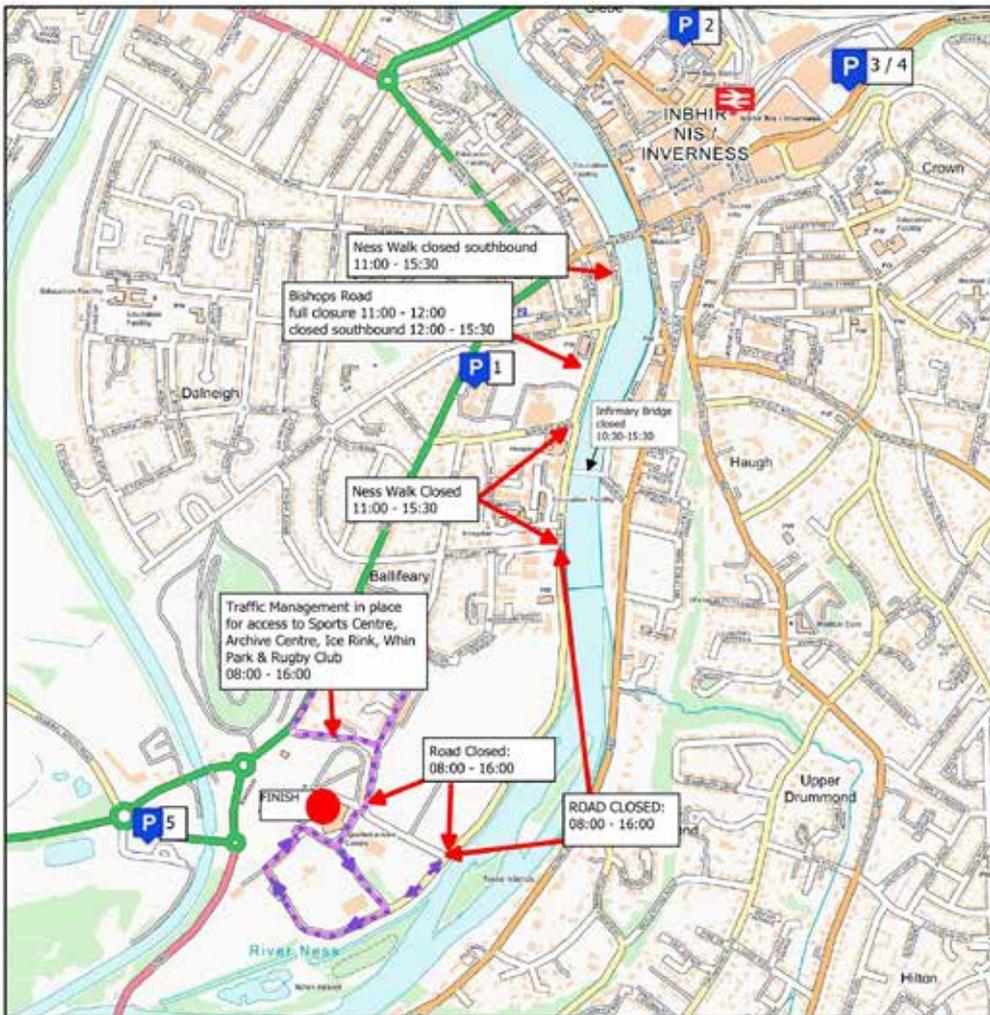
Please do not park at Inverness Ice Centre as this is private property and do not leave your car on the streets surrounding the Leisure Centre and Bught Park as these form part of the event route; illegally parked cars may be removed.

Marshals will be on hand to give directions.

Please ensure you add the  
**EVENT HQ** NO.  
**07512 791602**  
to your phone.

Please note that this number will be operational from 11.00 on event day and is to be used in an emergency ONLY.

# PLANNING YOUR TRIP



## Parking & Temporary Traffic Restrictions

### Map Symbols

- Registration  
Inverness Sports Centre, Bught Lane, Inverness IV3 5SS
- One Way System for access to Sports Centre & local businesses
- Station
- Parking

### Parking - charges apply

1. Highland Council Car Park, Glenurquhart Road, Inverness, IV3 5NX
2. Rose Street Multi Storey, Farraline Park, Inverness, IV1 1NH (open 7 days a week 24 hours a day)
3. Eastgate Car Park, Eastgate Shopping Centre, Inverness, IV2 3PP (open Sun 9am - 6pm)
4. Falcon Gallery Car Park, Eastgate Shopping Centre, Inverness, IV2 3PP (open Sun 6am - 9pm)
5. Torvean Car Park, Inverness IV3 8JL

## ROAD CLOSURES

Please note that temporary traffic restrictions will be in place along the event routes and around Inverness Leisure Centre on Sunday, which are detailed on our website. The Infirmity Bridge will be closed between 10.30-15.30 to pedestrians and cyclists. Thank you for your co-operation and understanding.

## ADVERSE WEATHER

In the event of adverse weather conditions on the day of the event, please check our website and social media for updates.

## GET START LINE-READY WITH RUN4IT!

Kit-wise, are you all set for the start line? Be sure to visit your [Run4It](#) store or online for any gear essentials, nutrition and advice! And remember to check your inbox for your **15% off voucher**. Run4It will also be in the Sports Hall on event day, with nutrition, clothing, electronics, socks and more - from top quality brands!

# REGISTRATION AND BAGGAGE

## REGISTRATION

**If you live in the UK and entered by 23 February:** you will receive your event pack by post.

**If you live in the UK and entered on or after 23 February:** you're required to collect your event pack from the 5K Desk in the Sports Hall between 09.30-10.45 on Event Day.

**International participants:** you're required to collect your event pack from the 5K Desk in the Sports Hall between 09.30-10.45 on Event Day.

If you are not able to make registration, a friend may register on your behalf. They are required to bring their photo ID as well as a signed letter or email from you (template available [here](#)) confirming permission to collect your event pack.

## EVENT PACK

Your Event Pack contains your bib number with timing chip attached to the back, detachable baggage label (to attach to your kit bag) and safety pins.

## SCHOOLS & CLUBS ENTRIES

Your team coordinator will collect a pack containing all bib numbers for your school or club and distribute these to your group.

## BIB NUMBER

- > Complete the emergency contact and medical information on the reverse of your bib number.
- > If you have a medical condition, provide as much information as possible on the back of your bib number and put a red cross on the front so medical teams are aware of any medical condition should you require assistance on the course.
- > Attach your bib number to the FRONT of your top so it is visible at all times and not obscured by a hydration vest.

## BAGGAGE DROP

- > A baggage drop is available in the Sports Hall 09.30-10.45.
- > Make sure your baggage label (this is attached to your bib number) is securely attached to your kit bag.
- > Only small kit bags such as a daysack or sports bag will be accepted. No suitcases or loose items.
- > We recommend having some warm dry clothes to change into at the finish.
- > Do not put any valuables or anything flammable or sharp in your kit bag.
- > There are secure lockers available within the Leisure Centre.

# THE START & THE ROUTE

## THE START

- > The 5K will start at 11.45 on Bught Road approx. 500 metres from the Leisure Centre and parallel to the River Ness (the same start location as the Half Marathon).
- > All 5K participants should assemble in the 5K Holding area opposite the Ice Centre no later than 11.20.
- > Please note experienced and club runners should start at the front and slower runners, younger children, walkers, wheelchairs and buggies should position themselves towards the back of the field.
- > All participants aged 8 and under MUST be accompanied by an adult who should also enter the 5K.
- > If in doubt, stay near the back as you can always speed up as the event progresses.
- > Keep warm at the start line and please be careful when discarding old clothing or layers so that it does not cause danger to others. All discarded clothing will be donated to The Salvation Army.
- > Please listen out for and follow marshals' instructions.
- > There will be portable toilets near the start line.

## THE ROUTE

- > The Inverness 5K starts on Bught Road and finishes on the running track in Queens Park Stadium at Inverness Leisure Centre. Please refer to the course map on our website.
- > The route is on tarmac roads except where it goes through Ness Islands and at the finish where you cross a short grass section to get onto the running track at Queen's Park Stadium.
- > **Please note that some sections of the route are single lane closure and traffic will be travelling in the opposite direction. Take extra care on these sections and keep in the designated lane as directed at all times.**
- > Please be aware that emergency and official event vehicles may need to travel along the route.
- > We reserve the right to alter the route if operationally required.

## EVENT DAY CHECK LIST

- > Get dressed in tried and tested gear.
- > Pin your bib number to the front of your top and check it is not obscured by a hydration vest.
- > Attach your baggage label to the top of your kit bag. We recommend bringing some warm and dry clothes to change into.
- > Allow plenty of time to get to Inverness Leisure Centre as the area will be busy on event morning.
- > Please be aware that weather conditions can change very quickly in the Scottish Highlands and bring appropriate clothing / layers to keep warm and dry at the start in case of adverse weather.

# WHAT TO EXPECT..

## ALONG THE ROUTE

### FIRST AID & MEDICAL CARE

First Aid will be located at the start line and at the finish line. Should participants not be allowed to continue for medical reasons or require hospital treatment, Event HQ will be notified.

We hope your training has gone well and would like to remind you that if you have recently had a bad cold or have been ill it is important to seek medical advice prior to the event. Also if your training has not gone to plan, we ask you give serious consideration to your ability to take part in the 5K.

### RETIRING

For those participants who can no longer continue, please notify an event marshal or one of our medical team located at each half marathon water station if you wish to retire. For safety reasons, please do not leave the course without informing Event HQ.

### USE OF HEADPHONES OR EARPHONES

Only bone conductor headphones are allowed, standard headphones, earphones or earbuds are not permitted.

### LITTERING & RECYCLING

- > Recycling and general waste bins are provided at the start and at the finish. Please take care to put your waste in the correct bin.
- > Keep your rubbish in your pockets and get rid of it at the start and finish.
- > It is a privilege to run through Inverness and we encourage all runners and everyone coming to the event to dispose of their rubbish responsibly and recycle where possible.

### HELPING OUR ENVIRONMENT

We are committed to making the event as sustainable as possible and to minimise the event's environmental impact. Please refer to our website for some of the ways we are eliminating waste and reducing the environmental impact of the event however we do need your help.

## AT THE FINISH

### FINISH LINE

The Finish line is on the running track at Queens Park Stadium at Inverness Leisure. Once you cross the finish line, please keep moving to make space for other participants.

All finishers receive a medal (unless you opted out during registration which will be indicated on your bib number), fruit and water.

### FIRST AID & MEDICAL SUPPORT

First Aid will be available at the finish, please notify a marshal if you or a fellow participant feel unwell or require medical treatment.

### FOOD & DRINK

Hot and cold food and drink options will be available to purchase in the Leisure Centre from 09.30-15.30.

### TOILETS, CHANGING & SHOWERS

There are changing facilities, showers and toilets at the Leisure Centre and portable toilets near the start line. Please remember that the general public will also be using these facilities and to be considerate towards them.

### MASSAGE

Massage will be available from Inverness Therapy Clinic in the Sports Hall from 09.30-15.30.

### SPECTATORS

- > All supporters are encouraged to come to the finish line at Queens Park Stadium, Inverness Leisure.
- > Please note the Infirmary Bridge is closed to pedestrians and cyclists 10.30-15.30.
- > For safety reasons it is NOT permitted to accompany participants by bike or to cycle along any section of the event route.

### DOGS

For safety reasons, no dogs, including assistance dogs, are permitted on any of the event routes. Assistance dogs only are permitted within Inverness Sports Centre and Queens Park Stadium, the location of the finish line.

# DON'T MISS OUT ON..

## RESULTS

Results will appear on our website on Sunday and you will also receive a text with your official time. Please note results and prize giving are based on the information provided by you at the time of entering.

## OFFICIAL EVENT PHOTOS

Your official photos will be available soon after you cross the finish line. Don't forget to share your photos and event day experience on Facebook, Instagram and Strava.

## iTAB

Official times will be provided to iTAB and you will receive yours in the post soon after the event. If you would like to order an iTAB, please head to: [www.itab.us.com/product/inverness-half-marathon](http://www.itab.us.com/product/inverness-half-marathon)



# RUN INVERNESS IN 2027!

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14 March 2027



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*\*Not valid on sale items, GPS watches, headphones, or gift cards. Not eligible with any other offer. One use per customer.*

PREPARE  
FOR  
GREAT... **NESS**

27 September 2026

Sign up now  
[www.lochnessmarathon.com](http://www.lochnessmarathon.com)

**Baxters**  
LOCH NESS  
MARATHON  
*and Festival of Running*